

Delayed Gratification: A Necessity for Today's Youth

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Abstract

Delayed gratification is the ability to postpone an inclination for an immediate reward in order to acquire a more favourable reward later. A key component of self-control is the capacity to postpone gratification. According to me, this research will be of great importance as nowadays, teenagers find it hard to delay for a favourable result; they just find a way out of instant gratification. Delayed gratification can be useful for scholastic performance, and those who can perform or use it effectively have been seen to have high social competence and are also better at coping with frustration and stress. The secondary sources used in this research paper's methodology include books, periodicals, journals, newspapers, websites, etc. The research limitations are that we are not conducting first-hand surveys, interviews, or questionnaires. This paper will help youth discover the power of delayed gratification and adopt this rewarding habit or mindset in this fast-paced technological world.

Keywords: Delayed gratification, habit building, productive, reward, self-control

INTRODUCTION

This research paper delves into the topic of delayed gratification and its self-control. Delayed gratification is when we resist temptation in the hopes of receiving a larger and better result or reward. It is a necessary skill for success in life, but it must be learned and practised.

Today's youth find it hard to practice this habit and they also give up in the early stages because they cannot see the results that they are putting in. This generation also has less patience than their previous generation. They just settle for something that will bring them pleasure right away instantaneously; it is called 'instant gratification'. Instant gratification can affect and disturb our mentality by providing us with instant pleasure through things that are not worth giving our time and energy to or will not be useful in the future. There are various examples, such as saving money for retirement and preparing for difficult exams, etc. where delayed gratification plays a vital role in the end results. In the 1960s, a Stanford Professor named Walter Mischel began a series of significant psychological studies about delayed gratification called "marshmallow experiment" by James Clear [1]. So the experiment was conducted on children aged 4 to 5 years; they have been given an offer of a marshmallow that if they did not eat one piece of it (when the researchers left the room for 15

minutes), they would get another piece of it. The choice was simply that one treat right now or two treats later on. The experiments showed that delaying gratification was crucial for achieving success in life, as those who waited for the second option experienced various benefits such as higher SAT scores, lower levels of substance abuse, better stress responses, improved social skills as reported by their parents, and overall higher scores in various life measures. Practicing delayed gratification can lead to better grades, improved health due to reduced consumption of junk food, increased self-worth through consistent achievements, and greater chances of long-term

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Received Date: April 26, 2023

Accepted Date: May 03, 2023

Published Date: May 10, 2023

Citation: Aditya Purohit, Garima Kachhara, Pratham Pundir.
Delayed Gratification: A Necessity for Today's Youth. Journal
of Family & Adoption Law. 2023; 6(1): 6–12p.

success through effective planning. However, this can be challenging as our brains are wired to seek pleasure and avoid pain. But if we stay consistent and patiently practice it, nothing is impossible to achieve. The key to success is typically to choose the agony of discipline over the ease of distraction. That is precisely what delayed gratification is all about [2].

RESULT

This research paper studies and aims to investigate the effects of delayed gratification on individuals' decision-making and overall well-being. The results of the study suggest that the ability to delay gratification is positively associated with educational and career success. People who could wait to feel satisfaction from the activity had better grades and were more likely to secure higher-paying jobs.

In conclusion, the present study provides evidence that delaying gratification can have positive effects on individuals' decision-making, well-being, and overall life outcomes. These findings have important implications for education, parenting, and therapy as they suggest that fostering the ability to delay gratification in children and adults may lead to better decision-making, self-regulation, and overall well-being. It is important to note that this study has some limitations, including a small sample size, a lack of generalizability, and a lack of follow-up research to examine the long-term effects of delaying gratification. To further investigate the effects of delayed gratification on individuals' decision-making and overall well-being, future research should aim to replicate these findings with larger sample sizes, more diverse populations, and long-term follow-up studies.

Finally, this study sheds light on the potential benefits of delaying gratification on people's decision-making, well-being, and overall life outcomes. It emphasizes the importance of developing and strengthening the ability to delay gratification in people of all ages and backgrounds, and more research is required to fully comprehend the mechanisms underlying these effects.

Now we have collected news articles on delayed gratification and how it can be a boon for the younger generation and students.

SUMMARY OF THE NEWS ARTICLE

The ability to delay your desires to go after your pleasurable short-term objectives can help you in achieving your more profitable long-term objectives. By practicing delayed gratification, you can do things like to put off major purchases to save for a trip, skip dessert to lose weight, or accept a job that will help you improve your CV. Delayed gratification is an important life skill that can help people from all walks of life. Delaying gratification can help you develop more self-control over time, which will help you achieve your long-term goals faster. Discipline and emotional control may result in greater or better benefits in the long run [3].

It is said that we cannot over-rely on instant gratification behaviours which can cause problems by alerting our brains, diverting our attention away from more meaningful pursuits, and leading to negative financial, social, and health outcomes. While this does not preclude us from enjoying the modern world's conveniences, we must be more mindful of the context, frequency, and consequences of such decision-making [4].

There are various other points regarding gratification.

Gratification and Addiction

In a self-control quandary, the impulsive option will always provide more immediate pleasure. A tasty snack, for example, will provide a boost of pleasure to overeaters. Overeaters will feel better after eating that tasty snack, whether they are in a festive mood or depressed. The issue is that eating too many tasty snacks will eventually make overeaters unhappy. Even if overeaters accept the goal of reducing calorie intake, having the snack now is justified. That one last snack will have no effect. Overeaters can then

stick to their long-term goals and reap the health and appearance benefits of losing weight. This logic can be repeated indefinitely, with the short-term option having a greater value in the present [5].

METHODOLOGY

This research paper methodology is from secondary sources like books, magazines, journals, newspapers, and websites.

THEORY

Although the phrase “delayed gratification” has gained popularity recently, it is not just a hipster way of saying “save your money”. The concept is actually quite simple: if you are struggling to focus on homework or chores, it is often because you are having trouble putting off what you want in favor of what you need. There are, however, ways to make this process easier; one of which is learning how to delay pleasure.

Delaying immediate gratification in favour of a future payoff is known as delayed gratification. It is not always easy for us to do that, but it can be very beneficial for our lives. For example, when we are young and trying to figure out how to make ends meet by ourselves, delaying gratification may mean taking on extra work that we do not really want to do—like taking out the trash or cleaning the bathroom—rather than buying something fun like video games or clothes. However, if we delay our rewards from these chores for a few days or weeks, we will be able to save up enough money so that we can buy something fun instead of saving for our future (or even just paying bills). In schoolwork and other areas of our lives, the question here is how to delay. Here are a few techniques that can help with delaying gratification:

1. Identify and clearly define your long-term goals.
2. Break your goals down into smaller, manageable steps (Atomic Habits) [6].
3. Remind yourself of the benefits of achieving your goals.
4. Use visualization techniques to imagine achieving your goals.
5. Avoid temptations and distractions that may lead you away from your goals.
6. Practice mindfulness and self-control.
7. Reward yourself for making progress towards your goals, but make sure the rewards are not self-sabotaging.
8. Seek support from friends and family.
9. Practice patience, and remind yourself that instant gratification is often not as fulfilling as delayed gratification.
10. Keep reminding yourself that the ability to delay gratification is a skill that can be developed and improved over time.

One of the key factors in delayed gratification is the role of Dopamine, a neurotransmitter that plays a central role in the reward system of the brain (Figure 1). When an individual anticipates a reward, dopamine levels increase, leading to feelings of pleasure and motivation. However, instant gratification can lead to a reduction in dopamine levels over time, as the brain becomes accustomed to the constant influx of rewards [7]. This can lead to a cycle of addiction and decreased motivation to work towards delayed rewards.

A dopamine detox is a process in which an individual reduces their intake of substances or activities that artificially increase dopamine levels in the brain, such as drugs or excessive use of technology. A dopamine detox is intended to restore natural dopamine levels and promote general well-being.

In this diagram, it is shown how delayed gratification can be painful, frustrating, and hard at first but later on, it ends with the pleasure we all wanted. It is not an overnight success; it is the hard work and pain we go through at the initial stage. It is called the critical threshold of the plateau of latent potential (Figure 2) [6].

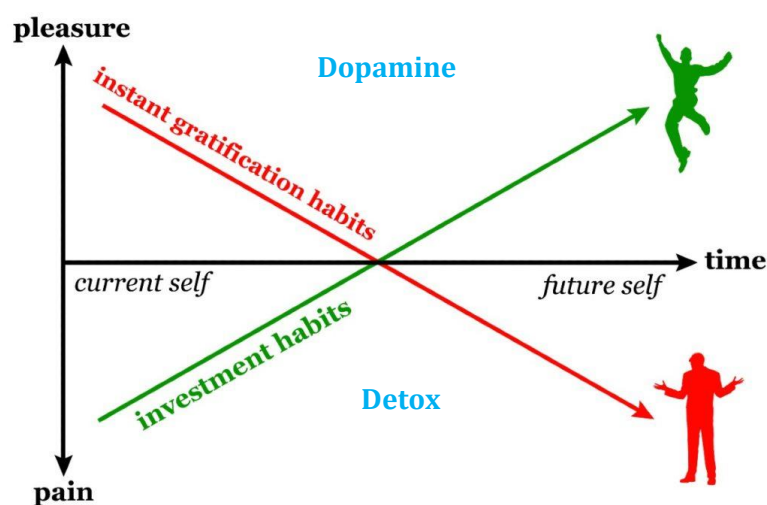


Figure 1. Dopamine detox [8].

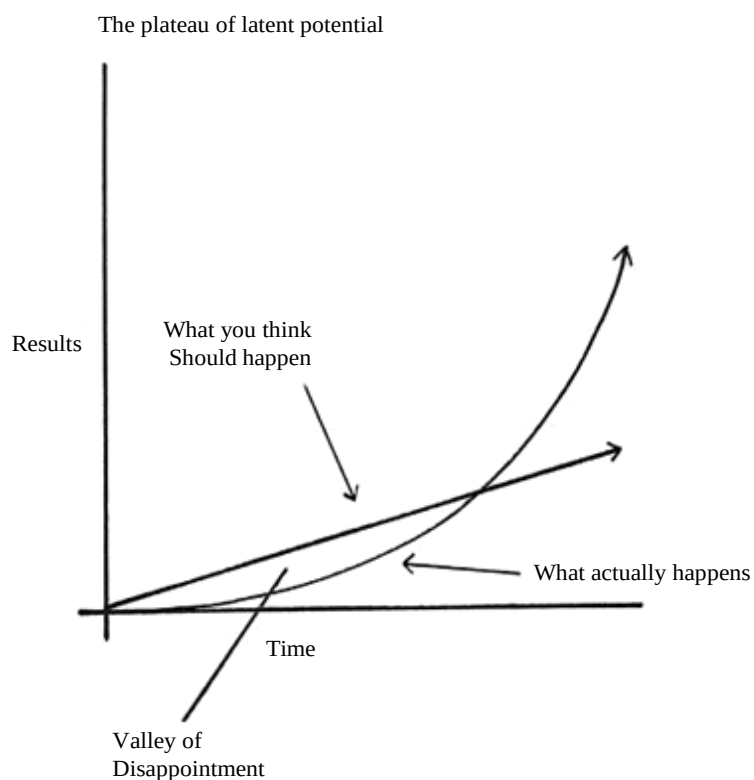


Figure 2. The plateau of latent potential [9].

The given diagram is taken from the atomic habit book in reference to how delayed gratification actually works. Complaining about an ice cube not melting when heated from 25 to 32 degrees, your efforts were not in vain, they are simply being archived. All the action happens at 33 degrees.

One way to break this cycle and improve one's ability to delay gratification is through the implementation of atomic habits. Atomic habits are short-term behavioural modifications that are constant and tiny but have a big long-term impact (Figure 3). By consistently making small sacrifices in the present, individuals can work towards their long-term goals and improve their ability to delay gratification. For example, a person who wants to lose weight may be tempted to indulge in a high-calorie treat in the moment, but by consistently making small sacrifices, such as choosing a healthier snack or going for a walk instead, they can work towards their goal of losing weight in the future.

The power of tiny gains

1% Better everyday $1.01^{365} = 37.78$
1% Worse everyday $0.99^{365} = 0.03$

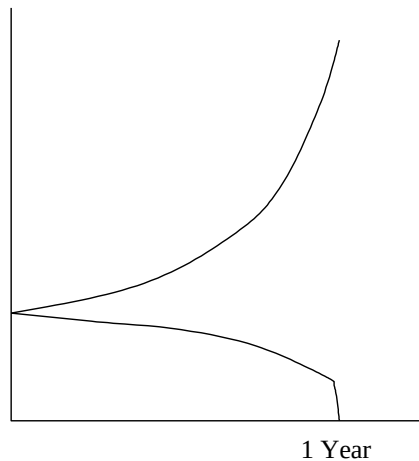


Figure 3. The power of tiny gains [10].

In reference to given diagram, let us take an example : Imagine flying from Los Angeles to New York city. If a pilot leaving from LAX adjusts the heading just 3.5 degrees south, the plane will land in Washington DC, instead of New York City. Such small changes can make a bigger difference in the long run.

Atomic habits can be very useful to initiate a good habit, thereby leading to delayed gratification.

Consistency is another crucial feature of delayed gratification. Consistency in behavior and decision-making can help to improve one's ability to delay gratification. For example, an individual who consistently sets and works towards long-term goals is more likely to have the self-control and discipline necessary to delay gratification.

Furthermore, the results of this study suggest that the ability to delay gratification is positively associated with physical and mental health outcomes. Individuals who were able to delay gratification on the task had a lower body mass index (BMI) and reported better overall physical health. Additionally, they reported experiencing less melancholy and more life pleasure.

Additionally, the study found that individuals who were able to delay gratification on the task had better financial outcomes. They reported more financial stability, lower debt levels, and higher savings rates. These findings suggest that the ability to delay gratification can have a positive impact on individuals' financial well-being, which is especially important in today's fast-paced and consumer-driven society.

The study also investigated the link between delayed gratification and social consequences. It found that individuals who were able to delay gratification on the task had better relationships with their friends and family members. They reported higher levels of trust, communication, and overall satisfaction in their relationships. Additionally, they exhibited greater problem-solving abilities and were less likely to get into fights.

It is important to keep in mind that the capacity to postpone satisfaction is a talent that can be improved upon. The study found that individuals who participated in the task requiring delayed gratification showed an improvement in their ability to delay gratification over time. This highlights the

potential for interventions, such as training programs or therapy, to improve individuals' ability to delay gratification and reap the associated benefits.

CONCLUSION

The study's conclusions have broad implications for education, parenting, therapy, and public policy. For example, in education, the study suggests that fostering the ability to delay gratification in children may lead to better academic performance and greater success in life. In parenting, the study suggests that teaching children the importance of delayed gratification can have positive effects on their decision-making, well-being, and overall life outcomes. In therapy, the study suggests that addressing the ability to delay gratification can be beneficial for treating a wide range of mental health issues. And in public policy, the study suggests that promoting the ability to delay gratification can have positive effects on individuals' financial well-being, physical health, and social outcomes.

This study also provides strong evidence that the ability to delay gratification can have positive effects on individuals' decision-making, well-being, and overall life outcomes. It highlights the importance of developing and strengthening this skill, and suggests that interventions aimed at improving the ability to delay gratification can have wide-ranging benefits for individuals of all ages and backgrounds. Furthermore, this research suggests that delayed gratification is positively associated with physical and mental health, and social and financial outcomes. The results of this study may have an impact on a number of areas, including public policy, parenting, education, and family therapy. It is important to replicate these findings with larger sample sizes, more diverse populations, and long-term follow-up studies in order to gain more insight into the mechanisms underlying these effects and develop effective interventions that promote delayed gratification.

One important aspect that this study did not examine is the role of social support in the ability to delay gratification. Research has shown that individuals with a strong social support network are more likely to exhibit self-control and better decision-making skills, which suggests that social support may play a critical role in the ability to delay gratification. Future research should investigate the role of social support in the ability to delay gratification, and how social support can be used to enhance the ability to delay gratification. Future research should focus on exploring the impact of delayed gratification on cognitive development, as previous studies have indicated that children who exhibit this ability tend to achieve better cognitive outcomes, such as improved memory and attention. This implies that the capability to delay gratification may play a crucial role in fostering cognitive development. Future research should investigate the effects of delayed gratification on cognitive development, and how interventions aimed at improving the ability to delay gratification can enhance cognitive development. Moreover, studying the link between delayed gratification and emotional intelligence would be advantageous, as emotional intelligence encompasses the skill of comprehending and regulating one's own emotions and the emotions of others. Research has shown that individuals with high emotional intelligence are better able to regulate their emotions, which suggests that the ability to delay gratification may be related to emotional intelligence. Future research should investigate the relationship between delayed gratification and emotional intelligence, and how interventions aimed at improving the ability to delay gratification can enhance emotional intelligence. In addition, exploring the connection between delayed gratification and mindfulness would be advantageous, given that mindfulness involves being fully present in the moment, without judgement or reactivity towards one's thoughts and emotions. Previous studies have demonstrated that individuals who exhibit delayed gratification also tend to have higher levels of mindfulness, indicating a potential correlation between these two constructs. Future research should investigate the relationship between delayed gratification and mindfulness, and how interventions aimed at improving the ability to delay gratification can enhance mindfulness. Furthermore, investigating the impact of technology on delayed gratification would be advantageous, given the widespread use of technology in our everyday activities, which facilitates instant gratification. This trend could potentially pose challenges for individuals attempting to delay gratification. Future studies should investigate the impact of technology on the ability to delay

gratification and how to use technology in a way that supports delaying gratification. In conclusion, this study provides strong evidence that the ability to delay gratification can have positive effects on individuals' decision-making, well-being, and overall life outcomes. It highlights the importance of developing and strengthening this skill. However, there are many areas that still need to be explored in order to fully understand the mechanisms underlying these effects and to develop effective interventions that promote delayed gratification. Future research should investigate the role of social support, cognitive development, emotional intelligence, mindfulness, and technology in the ability to delay gratification.

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